**Activity Log**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Duration of activity (in hours)** | **Number of calories this activity burns per kilogram per hour**  **(kcal/kg/hr)\*** | **Multiply the duration of the activity (in hours) by the number of calories burned per kilogram per hour** | **Value from previous column multiplied by your weight in kilograms** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Energy Expenditure From All Activities (add up all of the values in the final column) = | | | | |

Use the following list (taken from Wardlaw’s Perspectives in Nutrition, 2013) to assist you in completing the table:

**Approximate Energy Costs of Common Activities:**

Aerobics - Heavy = 8.0 kcal/kg/hr

Aerobics - Moderate = 5.0 kcal/kg/hr

Aerobics - Light = 3.0 kcal/kg/hr

Backpacking = 9.0 kcal/kg/hr

Basketball = 10.0 kcal/kg/hr

Bowling = 3.9 kcal/kg/hr

Calisthenics - Heavy = 8.0 kcal/kg/hr

Calisthenics - Light = 4.0 kcal/kg/hr

Canoeing (2.5 mph) = 3.3 kcal/kg/hr

Cleaning = 3.6 kcal/kg/hr

Cooking = 2.8 kcal/kg/hr

Cycling (5.5 mph) = 3.0 kcal/kg/hr

Cycling (13 mph) = 9.7 kcal/kg/hr

Dressing/Showering = 1.6

Driving = 1.7 kcal/kg/hr

Eating (Sitting) = 1.4 kcal/kg/hr

Football = 7.0 kcal/kg/hr

Golf = 3.6 kcal/kg/hr

Horseback Riding = 5.1 kcal/kg/hr

Ice Skating = 5.8 kcal/kg/hr

Jogging - Medium Pace = 9.0 kcal/kg/hr

Jogging - Slow Pace = 7.0 kcal/kg/hr

Laying Down = 1.3 kcal/kg/hr

Racquetball = 8.0 kcal/kg/hr

Roller Skating = 5.1 kcal/kg/hr

Running = 13.2 kcal/kg/hr

Shopping = 3.6 kcal/kg/hr

Skiing (10 mph) = 8.8 kcal/kg/hr

Sleeping = 1.2 kcal/kg/hr

Swimming - Slow = 8 kcal/kg/hr

Swimming - Moderate = 10.6 kcal/kg/hr

Tennis = 6.1 kcal/kg/hr

Volleyball = 5.1 kcal/kg/hr

Walking (2.5 mph) = 3.0 kcal/kg/hr

Walking (3.75 mph) = 4.4 kcal/kg/hr

Water Skiing = 7.0 kcal/kg/hr

Weight Lifting - Light = 4.0 kcal/kg/hr

Weight Lifting - Heavy = 9.0 kcal/kg/hr

Window Cleaning = 3.5 kcal/kg/hr

Writing (Sitting) = 1.7 kcal/kg/hr